

Very Blueberry Shake



Serves	1
Ingredients	5 fluid ounce Minute Maid Smoothies Non-Fat Vanilla Yogurt, thawed 2 fluid ounce Blueberry Syrup 2 cups ice
Garnish	Whipped cream
Method	1. Combine ingredients in a blender; process until smooth 2. Pour into a 16-oz. glass 3. Garnish with whipped cream
Nutritional Information	435 calories
Brands	Minute Maid Smoothies
Primary Flavor Profile	Fruity
Drink Style	Blended
Food Pairing and Recommendation	BBQ, Breakfast / Brunch - Savory, Breakfast / Brunch - Sweet, Mexican / Latin, Salads - Lighter Protein, Salads - Richer Protein, Sandwiches - Lighter Protein, Sandwiches - Richer Protein, Sandwiches - Vegan, Snacks - Salty

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